

Breastfeeding



WWW.BREAST-FRIENDS.ORG

An Expanded List of Breastfeeding Resources in King County

COMMUNITY BASED RESOURCES

Breastfeeding Coalition of WA 206-281-8032
www.hmhbwa.org/bcw

Healthy Mothers, Healthy Babies 800-322-2588
www.hmhbwa.org

LaLeche League 206-522-1336
www.lalecheleague.org

HOSPITAL BASED RESOURCES

•clinic appointments open to the community

- Auburn 253-333-2522
- Children's Lactation Services 206-987-1621
- Children's OT/PT Dept. 206-987-1267
- Enumclaw 360-802-3251
- Evergreen 425-899-3494
- Group Health Central 206-326-3376
- Group Health Eastside 425-883-5495
- Harborview WIC 206-731-3548
- Highline 206-244-9970 x5624
- Northwest 206-368-1829
- Overlake 425-688-5389
- St. Francis 253-426-6756
- Swedish/First Hill 206-386-MOMS
- University of WA 206-598-4628
- Valley 425-228-3440 x2526

PUBLIC HEALTH CENTERS

www.metrokc.gov/health/breastfeeding

(Provide clinic and home visits. Interpreters available.)

Auburn 253-833-8400 or 206-296-8400

Columbia 206-296-4650

Downtown 206-296-4755

Eastgate 800-244-4512 or 206-296-4920

Federal Way 253-838-4557 or 206-296-8410

Kent-Alder Square 206-296-4500

North 206-296-4765

Northshore 206-296-9787

Renton 206-296-4700

White Center 206-296-4646

(also contact your local community clinic)

BREASTPUMP RENTAL STATIONS

To find the rental station nearest you:

Hollister, Inc. (800) 323-4060
www.ameda.com

Medela, Inc. (800) TELL.YOU
www.medela.com

DRUGS AND BREASTFEEDING

CARE Northwest (900) 225-2273

WE SUPPORT YOU!

The Seattle-King County Breastfeeding Coalition
 The South King County Breastfeeding Coalition
 Public Health - Seattle & King County

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Donor Human Milk Resources

"The availability of donor milk is a strong statement of support for breastfeeding and the importance of human milk by a health care system."

**Human Milk Banking Association of North America
Established 1985**

Human milk banks were formed to provide this needed milk safely to premature infants and other infants, children and adults with special needs. Human milk is processed according to guidelines established by the Human Milk Banking Association of North America (HMBNA) written in cooperation with the Centers for Disease Control (CDC), the American Academy of Pediatrics (AAP) and the Food and Drug Administration (FDA).

Donors are healthy nursing moms who meet strict standards, including:

- Excellent health
- No current medication
- Milk in excess of her own baby's needs
- No detection of HIV-1 and 2, Hepatitis B and C, HTLV-1 and 2, and syphilis through blood tests
- Negative TB skin test
- Following explicit instructions in the hygienic collection and handling of milk

All milk is pasteurized to kill both CMV and HIV, while preserving the unique immune properties. A post-pasteurization bacterial culture is performed and must comply with standards of no growth.

Donated milk is available with a doctor's prescription only. For that reason, the processing fee charged to recipients may be covered by insurance. Financial aid may be available for families who qualify.

No child with a demonstrated medical need is denied milk because of inability to pay the processing fees.

To order banked human milk for patients or to become a human milk donor, contact:

**The Mothers' Milk Depot
of Southern California
(858)541-4140**

**The Mothers' Milk Bank
Denver, Colorado
(303)869-1888**

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